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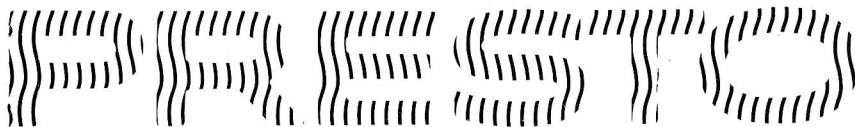


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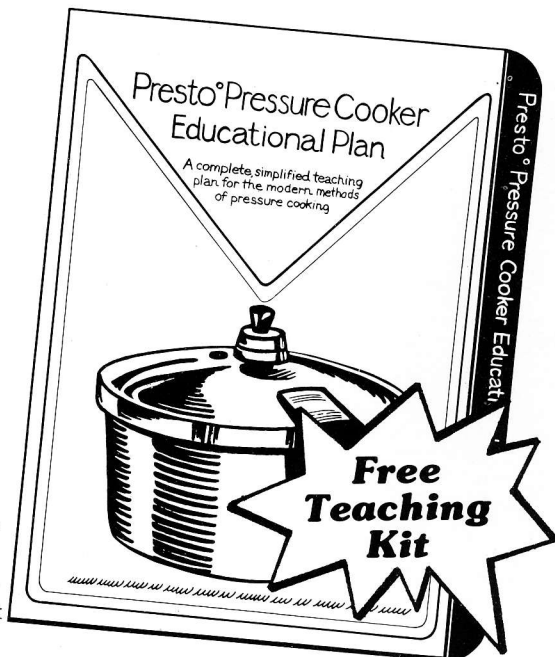
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President's Message



CHEA Executive Committee Meeting

Left to Right: at table: Nola Wade, Executive Director, Margaret Pope, President, Marilyn McDowell, Secretary. Standing: Pauline Klosevych, Ontario Director, Connie McCalla, Membership Chairman, Ruth Shaver, Vice President, Donna Westendorf, Family Life Chairman.

The challenge of educating for living is the essence of Home Economics programs.

A further challenge is to cope with changing societal needs at a pace we can manage; to re-orient both our professional focus and our organizational structure so that we can adapt to shifts in attitudes and concepts of the role of home economists.

At our inaugural "annual" meeting at McGill University June 20 and 21, we hope to create an understanding of this adjustment. On behalf of Ms. Diane Shink, Quebec Provincial Director and Chairman of the Conference, I would like to invite you to come to Montreal and participate in the day-long workshop: "The Home Economist and the Changing Role of Women".

Through discussion of various aspects of the roles and rights of women we hope to gain some insights and understanding of how home economists can come to grips with significant issues in Canadian society. If, as home economists we are going to be effective as agents of change in our society, then we must be prepared to deal with issues of public concern, to assume responsibilities at the policy making level and to encourage changes which promote the well being of individuals and families and so enhance the quality of life.

The Montreal Convention Committee and The Board of Directors look forward to seeing many of you this June at the annual meeting.

(Mrs.) E. Margaret Pope
President C.H.E.A.

ON TREADMILLS TO THE FUTURE

by Ned L. Gaylin, Ph.D., University of Maryland

*Edna W. Park Lecture, Sponsored by The Household Science
Alumnae Association University of Toronto, November 19, 1974.*

It is indeed a privilege to be here tonight; to have the honour of delivering the inaugural "Professor Edna W. Park Lecture in Household Science". I am especially pleased because of my being a convert (one of recent tenure and a short history) to the field of Home Economics. It was shortly after my joining the faculty at the University of Maryland, that the College of Home Economics changed its name to the College of Human Ecology. Thus after only one year as a home economist, I was forced to give up that title — and I did so with some regret.

No longer am I able to introduce myself as "my mother's son, the home economist." Gone the opportunity to observe with amusement the raised eyebrows and the momentary hesitation when I respond to the question: "and what do you do for a living?" And thereby is lost the opportunity to respond to the often unspoken but clearly communicated question, "What's a nice male psychologist like you doing in a place like that?" Also gone the opportunity to espouse for a field that in just a few short months had grown very dear to my heart. Oh, it's true the title human ecologist stimulates questions and conversation, but not in the way that does the apparent paradox of a man in a woman's world.

Coming from another field, and enjoying the role of the sometimes iconoclast I have relished the position of helping people "break set", or to put it in more modern phraseology, "blowing people's minds" regarding the field of Home Economics.

Now I was not so enamoured of the title "home economics" per se. There were aspects of its old image that were most off-putting to me. These have been referred to by many of our frustrated bright young students as "the happy hands at home" or the "cookie pushing" image. Nor is the other commonly held image of the home economist professional appealing to me: i.e., the somewhat masculine woman efficiency expert who measures the number of strokes needed to mix a better batter, or who calibrates the exact height in millimeters which a countertop should be for expediency in kitchen tasks. Now I am not trying to minimize the desirability either of happiness or efficiency, but I am concerned about the two-dimensional reading of these facets of our role by the general public.

Allow me to indulge briefly in a short history of the travels which have led me to the wonderland of Home Economics. Although my tenure as a home economist was indeed short-lived, the route there was rather long and indirect. I began my professional career as a clinical child psychologist. My first internship was in a child guidance clinic (the Institute for Juvenile Research in Chicago). Children were brought to the clinic for diagnosis and treatment, and as a state agency, most of our patients came from low-income families. This situation presented some problems because, by and

large, these families were not considered ideal treatment or training cases for psychiatrists, psychologists, or social workers. We were looking for the nice middle class types who could verbalize their intrapsychic and interpersonal conflicts with parents, spouses and children.

Now the jump from child clinician to family therapist is a short one. It doesn't take long to realize that in most instances the disturbed child is the symptom of a family in distress or one unable to cope with the stress of a child with difficulties.

Family histories would reveal time and again the poor self images that parents, particularly mothers, had in trying to manage households with large numbers of children and inadequate resources (both energy and financial). And as students of personality dynamics, we were often hard pressed to deal with the bitterness and open warfare which invariably ensued between parents about such mundane problems. A typical episode from one such interview would go something like this:

He: "She doesn't even get up and make a decent breakfast for the kids and me — how do you expect the boy to do well in school? I get home at night and the beds aren't made and there are still dishes in the sink from breakfast, dinner's not even on the stove."

She: "Sure I'm not up in the mornings on time all the time. I've been up till two ironing and I've had to do a lot of the wash by hand because the damn washing machine's been broken for the last month and there's no money to get the thing fixed."

He: "What are you trying to tell me, that I don't bring home enough money? With four kids and without an education, you can't expect to live like the Rockerfellers — and besides, if you were more careful with the way you spent the money"

She: "More careful — YOU spend the day at home cleaning, shopping, looking after the kids and hassling the bills and see how easy it is. If you spent more time with the boy, then maybe he wouldn't be getting into all that trouble at school."

After any number of conversations like these we would put the family in one of our diagnostic cubbie holes; give it a label, almost any one of which would imply the same conclusion — a marriage and family fraught with difficulties. We would give each family member a special diagnostic category — often "passive aggressive" or some kind of "character disorder", and then proceed to treat the mother and the child for a year or two in whichever therapeutic persuasion we had been trained. When we were lucky enough to pull the guilt-ridden hamstrung fathers in for sessions we might begin facilitating some kind of dialogue between the parents for which they ordinarily had little time at home. As a result they would sometimes begin to see each other's difficulties and themselves in a way they had not before and occasionally, through that understanding they could help themselves and the children.

But these were not frequent situations, and it was not unusual to see a family return after a few years with the same child (and sometimes another) more deeply in trouble than before. The family itself was little better off.

I began realizing that simple tips in resource management, or little ideas which my wife and I had figured out to help make the home a more pleasant place, often facilitated treatment more than an earth-shaking interpretation of individual or group psychodynamics. This (without my awareness) was my first step in becoming a non-credentialed home economist.

I cannot express to you my embarrassment and admiration when some 15 years later I watched a high-school graduate, six-week trained extension aid, doing exactly that with a number of families in a ramshackled trailer park on the eastern shore of Maryland — and doing it with a finesse that would strike awe in the hearts of many a seasoned family therapist!

I left the clinic sometime later, and somewhat frustrated, to take a stint with the Federal government at the National Institute for Mental Health (at the Center for Studies of Child and Family Mental Health). It was my thought that at the seat of government there might be an opportunity to have some greater impact upon my country's young people and the families which groom them for our fast paced, commodity dominated assembly-line society. I learned that the politics of change was more politics than change, and that frustration was the order of the day. Rhetoric abounded, action was sparse and cumbersome. The name of the game was power and image and only rarely human concern.

When, nearly five years ago, I was approached and asked if I would consider interviewing for a position at the College of Home Economics at the University of Maryland, I laughed and said, "What do I know about cooking and sewing?" How often in the past few years have I heard these words echoed back at me. No longer jocular, they now rather present a challenge.

I have been forced to think through as clearly as possible my definition of the modern home economist or human ecologist in order to justify and explain the field to colleagues who knew me as a child psychologist. I have toyed with terminology such as applied behavioral scientist, human science generalist, etc., but I keep coming back to the notion that our profession is one of social change agents engaged in the area of social human politics. By politics I do not mean the heavy kind of power tactics that go on in our various local and national capitals. Nor do I mean the messianic notion of change agency by which we refer to philanthropists or saints. Rather, I am referring to the mundane activities of daily living; or helping ourselves and others learn to break old habit patterns and create better ways of doing things that affect our every day world. It is harder to do that than to propose grandiose legislation, and the payoff seems far less at first blush.

There is an old saw that serves to point out the distinction I am trying to make. One man in talking with his friend states that he and his wife have a perfect marriage because, long ago, he and she had decided that she would be responsible for the small decisions and he for the large. "And how has it worked out?" queried his friend. "Very well," replied the husband, "My wife decides where we shall live, how to discipline the children, where we go on vacation, and so on." "And what decisions do you make?" asked the now somewhat puzzled friend. "Oh, the really important ones like: what to do about amnesty and how to curb inflation."

I do not mean to be facetious, nor do I mean to minimize the importance of each of us having a share in helping to shape our national priorities. On the contrary, too many of us take the position that we can't fight city hall and, therefore, don't even get out of bed in the morning, psychologically speaking. But, on the other hand, if one cannot take a stand on the small things in life, it is quite likely he or she will never make it to the large. One teaches a child respect for himself and for others not by preaching about the golden rule, but by living it. I once heard a famous child therapist state this most simply. In response to the question what is the best thing a father can do for his son, he cryptically replied, "Love his wife."

However, human social politics are not entirely different from governmental politics. One of the major similarities of both is the constant need to be aware that any action, no matter how small, which engages another person may have farther reaching impact than might appear at first. An example of this was impressed upon me in a movie I saw while fulfilling an obligation to the city in a driver's education class recently. It demonstrated how a minor incident at the breakfast table caused a man to leave for work "loaded for bear." His anger and frustration were taken out on the road through a minor callous and hostile action which, in turn, created chain reactions of a similar nature leading to a number of accidents and near-misses. The movie then proceeded to reverse the entire procedure illustrating the infectiousness of empathy and consideration. Indeed it caused me to be reminded of the many occasions I had been the recipient of a particularly considerate action while driving only to act in a similar manner when the opportunity arose for me — the pleasant memory traces of the earlier action still lingering somewhere inside me.

The pivotal notion to those of us in the field of human politics or change agency (but which seems to have become lost to national politics) is that of the empathic stance; of being able to taste the experience of our clients. It epitomizes the politician at all levels if he is good: the alderman or councilman who has touch with his people, the physician with his patient, the social worker with her client, the parent with his or her child. For those of us who are trained in the service professions, the danger here lies in becoming the "expert." By so labelling ourselves we can lose touch and empathy dissipates into patronization and condescension. We become servants no longer, but rather self-serving, and our effectiveness is nullified. We may then become the destructive Mr. Jekyll or the altruistic Dr. Hyde.

It is not for us to dictate life styles to our clients, to tell them how they should live or raise their children. We may have information to share with them, but only they can implement that information in a manner which is consistent with their life gestalt. It is not for us to prejudge or dictate direction, for to do so assumes that we have all the answers and therein lies the route to redundant and uncreative conformity or worse — a continuation of social ills. Such is the case when we build welfare housing units and are dismayed when but a few years later they become vertical slums: windows broken, elevators reeking with the acrid stench of urine. Such is the case when numerous head start programs seem to have little impact upon the children they are meant to serve.

And this brings me to one of the most crucial concerns of the social politician. When the empathic stance is lost we develop a kind of parochialism or tunnel vision which, in turn, often leads to a kind of cause-oriented proselytism. I have often been criticised for my rather harsh rhetoric regarding such "pie-in-the-sky," "chicken-in-every-pot" causes.

I don't mean to be either glib or callous, but I have become somewhat skeptical of missionary zeal in anything, and I am most cautious of panacea solutions which will cure the evils of our social environment with one simple cut of the sword. Most swords have two cutting edges, and that which is performed with the action of one edge may be totally negated (or even create worse problems) by the unanticipated thrust of the second edge.

For example, long before women's liberation became an organized movement I fervently believed that there should be more freedom of choice and more options in our role patterns for both men and women. In fact, it has been my contention that in this society the options open for men are far more coerced and restrictive than they are for women. The career woman experiences some hassles, it is true, and that is unfair. But, the woman in this society still has the choice between a career outside the home and one inside it. Can we honestly say that is true of the male in our society? The notion of the "tomboy" is imbued with a frivolous or even cute deviance for our girls, while on the other hand, the label of "sissy" on a boy is devastating. I was thus eager to be enlisted in the human liberationist cause.

However, being a child and family advocate I have somewhat piqued that the women's lib movement frequently tends to denigrate the notion of child rearing and home keeping as tasks unworthy of attention, intelligence, and creativity. Its members have been duped. They have sold out and have bought the notion that if a task doesn't carry a monetary reward it has little value. Medea's sword cuts deep. Poor, poor brave new women's world.

The same may be said for day care centers and sex education in the classroom. Indeed these are both useful tools and are appropriate options given the right circumstances, but I become increasingly concerned when I see more and more of the training and socializing responsibility that once belonged to the family and the broad community being turned over, *carte blanche*, to our educational institutions. Our schools are already overtaxed and overburdened. We are confronted with their inadequacies every day. If I have trepidation about my children being taught math, English and history in ways which will enhance their love of learning and intellectual curiosity, is it not foolish for me to turn over subjects as sensitive as human sexuality and family relations to the school system? We cannot continue to disenfranchise and erode the family from its function and then castigate it for its ineffectiveness. To do so merely creates further anxiety and inadequacy and thereby, self-fulfilling prophesies. And, until we family life educators begin looking for alternative models to the structured classroom, it will continue to suffer difficulty.

Now let me reiterate, I am not an opponent of women's liberation, sex education, or day care, but I wish to explore as many creative solutions to

the problems of living in a complex technologically dominated society as I can. I want to be involved with my children's lives and I want them to be involved with mine.

As home economists or human ecologists, our concern traditionally has been with the quality of life, particularly as it related to the near environment — the home, and the community. In the past, we have been satisfied to limit our concerns to human pragmatics — our needs for adequate food, clothing, and shelter. Home Economics addressed itself to the immediate parameters of these issues: how to efficiently deploy resources within the home in ways which would enhance family life. Now I have no intention of minimizing the importance of that approach. The need for nutritional awareness is as critical now as ever despite the modern innovation of vitamin fortified cookies and cereals. And far too many of our citizens remain poorly housed and ill-clothed despite our affluence and technology. As we are rapidly learning, the yellow brick road which modern technology has led us down to the Oz of overproduction and consumption for the sake of profits becomes badly in need of paving when we reach the ruts of energy crises, world food shortages and pollution of air and water. And while we may have dishwashers and trashmashers in more and more homes, recent studies do not seem to indicate that the modern housewife spends much less time on her chores than did her grandmother. Furthermore, today's woman doesn't seem to be as happy about the time spent in keeping house either. If we can believe the statistics on divorce, the numbers of families applying for counseling, etc. and the popularity of militant women's groups, husbands and children aren't faring any better either.

So then, where are we, many Lake Placid's later? What has happened to deflect us as home economists in specific, and as human beings in general, from the good life? — or are we saying this is it! As a student of the family I would contend that modern society is in something akin to a family crisis. Like all crises this one can have either positive or negative impact. That is, it can lead to evaluation and reintegration, or defensiveness and dissolution.

The nub of the problem seems to be that which has been referred to as the crisis of modernity, where, in but one short century, technological advances have outstripped our abilities to cope with the enormous powers gleaned therefrom. In the early phases of Home Economics we were concerned with efficiency. The Gailbreths showed us ways to conserve time and energy in both industry and the home. But it seems to me that we have never really come to grips with the true meaning of efficiency. We have somehow managed to translate means into ends. One of the means ends phenomena is that which I have often referred to as the assembly-line mentality, which permeates not just our manufacturing of goods and materials, but our entire way of dealing with and relating to one another.

On the assembly-line each person has one specific task which he executes ideally, with machine-like precision. The more precise his performance the higher his "efficiency" rating. More often than not he has no real knowledge of the totality of the product upon which he is working. As a consequence there is little opportunity to develop that which we now nostalgically refer to as pride in one's craft. There is little sense of

accomplishment and a corresponding lack of self esteem. He becomes a superspecialist — a gear inserter, or a lable inspector. He has little knowledge of that which preceded his performance or that which will follow. Lost is a sense of the whole, a sense of integrity. We build our houses and cars this way, we process our food this way, but what is worse we even train our children this way.

Child rearing — the process of socialization and education — has become mechanized to a point where our children have become commodities — things to be groomed and displayed. Mass production and assembly lines may be fine for the manufacturing of goods and machinery, but the corresponding lack of quality controls and the planned obsolescence, when translated into human products, cannot be tolerated if we are to continue to maintain that we are truly invested in seeing a democratic, humane, and concerned citizenry developed through our young people.

True the efficiency of mass production and modern technology has given us much. Yes, we still have our poor — but in fairness, never have so many lived so well. However, there have been tradeoffs. Like the sorcerer's apprentice, we don't know how to stop the beast. The line must keep moving and producing, developing all kinds of commodities and goods we neither need nor want, but have been trained to want and need to keep the machine well oiled and moving. We now have a plethora of work saving tools and gadgets, even artificial fibers and foods, but somehow also a corresponding loss in our sense of self.

Let me elaborate on the assembly-line mentality. The poor man on the assembly-line has little association with his colleagues working at the beginning of the line, or those at the end — only with those nearest him. He has no sense of beginning or ending, and little sense of belonging. He has somehow emulated the machine which he created and now serves. It is this crisis of automation which is at the very root of our humanness. It is man and only man of all the creatures of the biosphere who, while only a small part of it, has awareness of the whole of it. It is man and only man of all the beings on this earth who has a cognizance of his birth and anticipation of his death. He has a knowledge of his past, and while he may not know his future, he generally assumes it. Indeed, apart from his opposable thumb and the technology that it has enabled, it is this sense of self that sets man apart. But in stressing the former, we seemed to have lost something of the latter.

Despite the fact that our media enables us to communicate with one another more easily, we don't seem to have enhanced our understanding of each other. Despite the fact that we can get more places faster, we do not seem to know why we are in such a hurry, or indeed where we want to go, or why we want to get there. But we must be on the move. The whole idea of "standing still" is imbued with a lack of progress and lack of progress implies slovenliness — it is unpatriotic. We equate progress with technological advances, and with "things".

We have tended to merge our conception of the quality of life with a commodity orientation . . . with gadgetry. The name of the game is acquisition — acquiring not for permanence but for change. A new home,

a new car, a new piece of equipment — both designed and sought after to make life easier. But life doesn't seem to be getting any easier! It becomes, somehow, more complicated and overwhelming. It becomes more difficult to cope as we become inundated by these commodities, by their ownership and maintenance. We have somehow lost control of ourselves and the world around us. We no longer can tinker with our cars; they have become the purview of expert mechanics. Any but the most simple plumbing or electrical job, that is, changing a washer or a light bulb, is beyond the expertise of most homeowners.

It has come to the point where mass production has made it easier and less expensive to throw the old away and buy a new one than to repair the old. The disposable world is upon us. From dishes to diapers, from clothing to cars — it is easier and somehow more desirable to throw it away than keep it working — it is also patriotic, for it helps the economy. And all of a sudden one day we awaken and find ourselves up to our progressive necks in erosive waste and garbage. And I would suggest that perhaps it is these walls of waste that separate us from one another. It is also these walls that have led to a sensed loss of control over one's world with corresponding feelings of incompetence. We find that our assembly-lines have become gigantic treadmills to the future consuming our energies while, even with increasing pace, giving little or no direction to that future.

Pretechnological man was a generalist, not a specialist. He made use of the world around him in a holistic way. No scrap of material was considered waste. When he burned the wood to cook his mutton and keep himself warm he used the trees which he had cleared from the land he had plowed. He saved the ashes to make lye which he combined with the residue of fat from the sheep he ate to make soap with which he washed the wool from that same sheep. There was an ecological elegance to the way man understood the workings of his environment — an understanding and articulation between man and his world which we have lost through our specialized technology. When the preschool urban child is asked where does milk come from, we smile when he responds "from cartons". Yet how many adults are aware of the simple process of making soap. A better question might be: how many of us are aware that our wanton consumption of gasoline in the V-8 engines lavished upon us by Detroit creates an increase in the price of our children's new wash and wear clothing? The two questions are basically the same; they ask, rather beg, that we see ourselves and our resources as a part of a reciprocating ecosystem. The answers like the handwriting on the wall, insist that we can no longer take any part of that system for granted.

To suggest that we return to making soap ourselves and spinning our own wool, is patently absurd. But, through superspecialism, to continue to exacerbate our lack of awareness of the interconnectedness of modern man to his world, is but to rebuild the tower of Babel in modern technological terms. This is not so much absurd as it is violently tragic. To me the analogy is more than literary. From Moses and Plato to the Formers of the Magna Carta and the United States Constitution, men have concerned themselves with the quest for "the good life," but somehow in different terms from those we tend to use today.

Before we go much further, I suggest we ask ourselves very seriously what we *do* mean by "the good life". Do we take it to mean efficiency in the sense of doing, making and using more things more quickly, or do we mean efficacy in the sense of producing a better society for the benefit of all — a society where man's relationship to man and to his environment has some sense of integrity and meaning. As a convert to the field of Home Economics it is the latter vision that has attracted and involved me so passionately.

In perhaps no other field but ours, is the question more germane and more pressing. As home economists or human ecologists, rather than taking leadership as applied generalists (a word that has negative connotations in a post-technological society) we have emulated other fields. We have rushed to see ourselves as specialists in food, clothing, housing, or child development skills and technology. In so doing, our concern for the whole person *in vivo* has become muddled and all but lost. For our field this is but the beginning of the end.

These comments should not be construed as an argument against sharpening knowledge in our various disciplines, but rather against a dangerous trend which views these disciplines as separate fields of study—as stations along an assembly line. If we train rather than educate, not human ecologists but, rather technicians each with his own single area of expertise (replete with specialized jargon), then we too have been co-opted—into the assembly-line mentality. Then our talk of the quality of life, like the tower of Babel, becomes an edifice of hypocrisy — a structure with no function, stairs upon a treadmill, filled with motion, leading nowhere.

The world of the generalists may be long past, but the world of the isolated specialist has been with us long enough to assess the results, both positive and negative, which have brought us to the present crisis of modernity. It is time for us to evaluate that crisis, and to become integrationists — experts in the applied human sciences who can facilitate a working understanding of the quality of life.

There is at least, one centrality, one unifying focus within our field, that of the family, the interface between man and his society and therefore his environment. In the face of claims that the family is a dying institution, it is we who should be pointing out that our research indicates eating habits are learned around the kitchen table with far more effectiveness and staying power than through any elaborate published visual aids of the "basic four" presented in the classroom. System analyses of decision making paradigms may be intellectually stimulating, yet they continue to tell us what we have known (but don't seem to believe) that values are imparted from generation to generation through the ways in which we deal with our children in our homes. And these are the values which directly affect the decisions we make regarding everything from how to dress and whether, or whom, to marry. Thus, despite its being knocked about by prophets of gloom, the family unit is still the most potent force for socialization and education. Indeed, it is perhaps the last bastion of integration for modern man.

The family, like our profession, like all other elements of society, however, is not immune to the splintering effects of specialization. For it is a part of the larger ecosystem and to survive, it must adapt. It has streamlined itself from the deeprooted, extended structure it was, steeped in history and tradition, to the shallow-rooted nuclear module of today. It has become increasingly isolated from its kin network so that a specialized kind of peer oriented constellation of agemates predominates in today's urban and suburban communities. This horizontal nature of the modern family contrasts sharply with the more vertical age articulating structures common to the extended family of the less megalopolitan town of the past.

Indeed, the modern family is geared toward training its children to be independent of any vertical family structure. To a great extent this is functional for the physical mobility necessary to jockey for position in our extensive national marketplaces. A nuclear family, like a module in an assembly line, must be prepared to be "plugged in" where it will function most effectively within the larger system. Thus its vertical extended family ties must be loose, while simultaneously it must be able to establish horizontal peer ties easily to enable flexible mobility and quick adaptability.

We have indeed translated a technological concept of efficiency into our human relationships, we sometimes even refer to it as human engineering. But what is the cost? This has been the subject of a number of recent treatises: Toffler's *Future Shock*, Slater's, *Pursuit of Loneliness*, and most recently Ralph Keyes, *We The Lonely People*. Most of these social critics, or upbeat cultural anthropologists when reflecting upon the modern scene come to roughly the same conclusions implied by the titles of their books: a growing sense of shock, isolation and loneliness — a desperate search for connectedness. Each author uses somewhat different metaphors or analogies. For Toffler the family becomes, appropriately enough, the "giant shock absorber" of the mobile society; Keyes' central theme is the quest for community through the local McDonald's or 7-Eleven store, while Slater uses the toilet, rather than the assembly line, as the touch-stone and symbol of man's isolation from himself and his world. He contends, with far less humour than one might suppose, that by providing us the ability to flush our waste away, indoor plumbing has led to a kind of sterilizing concept which we apply to the whole of society. He compares our mental institutions, nursing homes, and old age communities to gigantic societal toilets where we flush our distasteful human wastes away.

Through the aid of a continually more sophisticated technology we have progressed from a sensed loss of connectedness to, and personal control over, our physical environment, to a similar state of affairs in our personal environment, where all but the most basic familial ties have been severed. We are left with an overwhelming sense of loss — a sense of personal fragmentation and social isolation — the ramifications of which are enormous and frightening. Thus I would suggest that the crisis of morality which some social critics blame for the ills of modern society — everything from drugs, to divorce and Watergate — is actually not a cause, but rather another symptom of that same unconnectedness — a total lack of the concept of integratedness from which a true sense of integrity must emanate. When we lose our personal sense of cause and effect, it becomes overly easy to justify any action for our immediate gratification. Then any sense or

appreciation of personal right and wrong having impact on even one corner of the whole of one's society becomes obscured, or at best indefinite. Twentieth century technology has hardly softened the Curse of Cain.

Home Economics, or whatever name it may opt for in its many forms, began by addressing itself to many of these issues at the beginning of this century, but somehow through its course the field has become co-opted, seduced into believing that the arts as well as the sciences of the home and community are somehow less than worthy of serious study. The subject matter is a bit difficult to deal with in terms of quantification and control, and thereby not appropriate to our expertise and specialism.

Thus, though we may not have rushed headlong into the future on our colleagues technological treadmills, we have aided their momentum by abrogation of responsibility. Responsibility to focus on the values, ethics and morals concerning production and consumption, distribution of wealth and resources, and the courage to take seriously the customs and traditions surrounding the rites of passage which define us as social beings — all of which go into that amorphous quality which we call the quality of life.

If we as a profession are to have some part of, let alone take some leadership for the maturation of a truly great society, it will be not because we have facilitated the augmentation of our technology into an uncontrolled voraciously destructive behemoth, but because we can demonstrate the use of that technology to enhance a moralistic philosophy which cherishes the rights and uniqueness of the individual while encouraging his relationship to those around him. And unless we *do* take the time and energy to do so, Ralph Linton's apocalyptic prediction of nearly 25 years may prove to be more than ironic rhetoric: "In the Gotterdammerung which overwise science and overfoolish statemanship are preparing for us, the last man will spend his last hours searching for his wife and child.

MRS. LORENE E. (TUPPER) CAMERON

An Honorary Life member of the Alberta Home Economics Association and of the Calgary Home Economics Association passed away in February after a brief illness.

Lorene was a Charter member of both Alberta and Calgary Home Economics Associations and had been active in both for many years.

A native of Lynn, Massachusetts she received her education in Saskatchewan and Alberta and her B.Sc. in Home Economics with Honors (Gold Medal) from the University of Manitoba. Her teaching career took her to Calgary where she taught junior high and high school until her retirement.

Lorene was the first Secretary of the Calgary Home Economics Association and President from 1946 to 1948. She continued to be actively involved in a variety of projects undertaken by the Association but one which interested her the most was working with the Canadian National Institute for the Blind.

Lorene Tupper Cameron will be greatly missed by all her friends and colleagues in Alberta.

Home Economists and World Development Issues

CHEA Committee for Involvement in International Development

DEVELOPMENT

Are you interested in world development issues? Government, churches and private agencies are each in their own way working toward a more equitable distribution of world resources. While many talk in terms of GNP, trade and aid, their goals do not appear to be that much different from those of the home economist — i.e. the provision of food, clothing, and shelter and the management of resources while fostering self respect and human dignity. The difference is perhaps in emphasis. By our involvement in world issues we may be able to gain new insights and solutions for helping our own families in need.

This committee believes that home economists also have a definite contribution to make to development agencies, especially since they are becoming increasingly aware that boosts in GNP do not necessarily ameliorate the condition of individuals and families. In their search for a more equitable balance between income and need, economic and political planners can be helped by home economists to maintain a focus on the microeconomies of individuals and families — WHY NOT !

As an example, the World Food Conference in Rome last November had a considerable lobby from Canadian non-governmental organizations (NGOs). CIDA has since announced a great increase in food aid from Canada. How much of this aid will go into educational pro-

grams in which individuals, families, schools and hospitals will learn to make improved food choices from among what is available, and to improve methods of storage and preparation to decrease wastage? Have home economists influenced the NGO lobby to our government? If not, why not? Do soft drink companies influence world food choices more than we? If so, why?

Another reason we as a professional body ought to make our collective voice heard in various levels of government and in local and local and national lobbies is that our training equips us to speak on behalf of homes and families and that we are for the most part female. All three points of view are often poorly represented when government or non-government agencies attempt to make decisions about food and world development issues.

And finally, it is appropriate for Canadian home economists to become knowledgeable in international development as we prepare for the IFHE World Congress to be held in Ottawa, July 1976.

INFORMATION

For the information of CHEA members a mini-library of resource material has been compiled relating Home Economics to international development. The kit is available from the CHEA office in Ottawa. (Return express is the responsibility of the borrower.) The material which is a compilation from many sources is arranged under these headings:

- A. Development Education — General Background
- B. Canada's Role in World Development
- C. International Agencies
- D. Information from students in Developing Areas
- F. Syllabi and Programs in Home Economics in Other Countries
- G. Commodity Issues
- H. Home Economics Jobs and Projects in Other Countries
- I. Resource Lists
- J. Development in Canada
- K. Periodicals
- L. Display and Program Material

For those who wish to subscribe to international development publications here is a representative list. Articles in these are in both French and English. News of activities at a provincial or local level is usually circulated through newsletters which can be obtained through your nearest Development Learner Center or through the office of the Foreign Student Adviser at your nearest university.

Ceres: FAO, Via delle Terme di Caracalla, 00100 Rome, Italy

Nutrition Newsletter: FAO, Food Policy and Nutrition Division, as above

CUSO Forum: CUSO, 151 Slater Street, Ottawa K1P 5H5

Co-operation Canada: CIDA Information Division, 122 Bank Street, Ottawa K1A 0G4

Contact: CIDA

Developax: Development and Peace 67 Bond Street, Suite 305, Toronto

Pss.s.t: CCIC, 75 Sparks Street, Ottawa K1P 5A5

Cuttings and Comments: CCIC

Hunger: Canadian Hunger Foundation, 75 Sparks Street, Ottawa K1P 5A5

Ideas and Action Bulletin: Canadian Hunger Foundation.

INVOLVEMENT

In its report to the Board this committee recommended that home economists as individuals and in association become involved in the issues of world development. The following list of suggestions is intended to spark new ideas for creative involvement at local, provincial, or national levels to foster better understanding, cooperation and action.

Ideas for Individual Involvement

1. Contribute to the orientation of overseas students who are studying in Canada with respect to customs, food, clothing, shelter and utilization of community services. Those wishing to help in this task could get in touch with the foreign student adviser in the nearest university.
2. Investigate activities and opportunities in local Ten Days for World Development committees, or in larger centers, of the Learner Centers funded by the CIDA Development Participation Program, or in local CUSO Committees.
3. Work professionally overseas through programs of the various churches, the Canadian Government (CIDA), CUSO, or the United Nations (FOA or UNESCO).
4. Invite foreign students to "intern" in Home Economics practice in Canada e.g. help judge 4-H displays, give lessons in family, food, and clothing in schools, help with the days work in a utility company.
5. Investigate the possibility of becoming involved in the newly announced AUCC/CIDA Higher Education Cooperation Plan (write Dr. A.C. MacKinnon, CIDA, 75 Sparks Street, Ottawa).

6. Apply for a CIDA Scholarship. It's worth \$11,000. (Inquire CIDA Human Resources, 75 Sparks Street, Ottawa).
7. Inquire about IDRC Awards (Box 8500 Ottawa K1G 3H9).

Ideas for Involvement of Provincial or Regional Associations.

1. Appoint someone to read international development publications and report relevant material to the membership through your newsletter or meetings.
2. Seek opportunities to participate in the formation of recommendations to government and international development agencies.
3. Sponsor a project or a volunteer (Inquire CUSO PROJECTS, 151 Slater, Ottawa).
4. Send your local association newsletter to Canadian home economists who are overseas and to foreign home economists in Canada (Inquire at your local office of CUSO, CIDA, or the Foreign Student Advisor).
5. Form international development committees within affiliated groups.

6. Establish "brainstorming" groups to bring together home economists, foreign students and their advisers and others connected with overseas projects. You will be surprised at what ideas surface and coalesce!

Involvement at the National Level

While members are investigating ways of providing input to development programs at the local level their efforts will be strengthened by similar attempts at the national level.

1. Our Executive Director will be establishing contact with her counterparts in CIDA, CUSO, CCIC, IDRC, and CBIE, so that these organizations might know of CHEA and the competence of its members.
2. The bank of information on international development that is available from the CHEA office will continue to be updated.
3. An attempt will be made to arrange for displays and programming at the 1975 convention in Montreal and the 1976 convention in Ottawa — is there anyone interested in helping?!

CIRCLE THESE DATES

October 17-18, 1975

Home Economics Section of the Ontario Educational Association. Holiday Inn, Highway 27, Toronto. For further information, please contact Jean McLarty Martin Grove Collegiate, 41 Winterton Drive, Islington, Ontario.

July 15-17, 1976

CHEA Convention — Ottawa.

July 19-23, 1976

International Federation of Home Economics Congress — Ottawa.

History of Embroidery: Contemporary Purpose

by Helen S. Bentley

Special Lecturer, Department of Extension, University of Alberta.

ABSTRACT

This article describes the findings concerning the earliest known pieces of embroidery in the world, and traces some developments of stitchery in the eastern and western hemispheres. Such studies complementing creative and esthetic experiences in stitchery today can enhance the quality of contemporary design.

INTRODUCTION

There are many parts of the world where stitchery has had a long-established and fascinating tradition among the inhabitants. In Canada the appreciation for traditional embroidery has developed because of contributions of individuals who have brought techniques, knowledge and examples to this country from elsewhere. Today we look to historic techniques and designs for inspiration, not to make elaborately decorative garments or household articles such as were made in the past, but to adapt ideas and motifs to clothing and decorative articles which fit our present life style.

In general terms, the word *history* means an account of past facts and events affecting one or more nations or peoples, arranged in order with comments and explanations. Annals and chronicles observe only the order of time in presenting their material in contrast to history which selects, emphasizes, and explains or interprets the events. History groups these events, particularly in the way they concern a certain nation, institution, or any other center of interest with regard to relative importance. Such a definition gives a framework for our reference — especially the words *with regard to relative importance*. The word *embroidery* comes from the French terms *en* and *broder* meaning to work on the edge. Today the word means to enhance with needlework or to do decorative needlework. Fortunately, the words *embroider* and *embroidery* are at present being restored to a kind of respect which has long been deserved in the world of arts and crafts, but which for years during the past several decades were looked down upon except by a very few who continued embroidery or stitchery, to teach it, and to hope for some revival of interest in and knowledge of the subject. It is nice to have lived through the doldrums to the present — and to see the happy time in which we find ourselves!

IN THE PAST

Having defined the terms *history* and *embroidery*, I should like to select, emphasize and explain some events; and then to discuss their importance to us today.

The history of embroidery or needlework can be studied in various ways — chronologically, geographically, climatically, politically or sociologically. A series of lectures or studies could be devoted to each of these aspects of stitchery.

Until the middle of this century textile specialists thought that the earliest recorded piece of embroidery (1) was discovered in the Crimea, a Russian peninsula on the northerly coast of the Black Sea. Here needlework had been found in the grave of Greek colonists dating from the 4th Century B.C.E. A fragment of a mantle made of fine deep-red wool cloth embroidered in chain stitch with multi-colored wool threads was the earliest known example. This piece is in the collection of the Hermitage at Leningrad.

Swedish archeological studies commenced in 1935 and completed in 1949 placed the earliest known embroidery in China and dated the known existence of such work several centuries before the 4th Century B.C.E.

In 1935 a small bronze urn (8) from the Chinese Shang Dynasty (ca 1600 — 1028 B.C.E.) and belonging to the Malmo Museum, was subjected to a detailed examination by Miss Vivi Sylwan, a textile specialist. The Malmo Urn, as it is called, came from An-Yang, the capital of the Shang Dynasty. The urn contained an amalgamate which had formed on the surface of the piece because of having been wrapped with a silk fabric. Miss Sylwan found that the imprint of the silk showed the fabric structure to be untwisted silk woven in a twill pattern and decorated by loose fine threads also of silk. The outlines of the embroidered pattern were edged with silk threads and similar silk threads were used for the seams of the cloth.

In 1937 Miss Sylwan carried out another investigation on a bronze axe in the Museum of Far Eastern Antiquities in Stockholm. The axe also had imprints of a silk fabric which had been wrapped around the piece and it, too, was dated from the Shang Dynasty.

It is certain from these two studies that the urn and the axe were from the same period in history and that the fabrics also were from the period of the pieces of bronze. The quality of silk fabric, the twill weave and the embroidery showed that a high standard of work existed in China more than one thousand years before Christ.

By the time of the Han Dynasty (206 B.C.E. — 220 C.E.) in China, embroidery was known and used in many parts of Asia. Miss Sylwan made another investigation (9) in 1949 of silk cloth from Edsen-Gol in Inner Mongolia and from Lop-nor in eastern Turkestan, two sites where specimens of Chinese embroidery from the Han period were actually found. These embroideries, composed of chain stitches and linear stitches reveal a highly developed technical skill. According to the author, "This highly original art seems to a great extent to have drawn its models from the world of imagination and sagas, but it has not despised nature."

THE WESTERN WORLD

It may be a surprise to some that needlework was being done in South America as well as in Asia in the centuries just before Christ. A spectacular

discovery of a cemetery in Peru in 1925 revealed a collection of Pre-Colombian textiles (6) dating from 500 — 200 B.C.E. some of which were beautifully woven and exquisitely embroidered. A study of the Paracas textiles from Peru in various collections reveals a very high quality in textile art and design, worthy of any and all of the time one may spend in becoming knowledgeable about this period in history.

The study of the early history of needlework in Europe generally centers around the Bayeux Tapestry (7). This is probably the most famous piece of stitchery in the western world, having been embroidered with wool yarns on linen fabric measuring about nineteen inches high and over two hundred feet in length. Very little early information is available concerning this piece which depicts the Battle of Hastings and is the most authentic illustration known of the types of armour used in battles of that period.

The coming of settlers to North America from Europe in the 1600's, 1700's, 1800's and 1900's brought a great influx of ethnographic material to this continent in a voluntary manner almost unknown in history. In other periods, the arts and crafts were brought into new areas in many cases by rulers who ordered buildings or monuments and who imported artisans for the purpose of enhancing structures and their interiors, or for making personal articles and pieces of clothing used for the adornment of rulers or the ruling class.

In Canada and the United States, settlers came with their personal effects to start a new life. The personal effects included pieces of furniture — usually not in sets; some household linens and bedding; and some articles of clothing which had been useful in the homeland, wherever that had been. In Europe in past decades one's clothing was made and decorated for the person who resided in a certain village in a certain country. In some cases, moving from one village to another on marriage would be a great and difficult decision because of the style and design of clothing which also had to be changed. But in Canada and the United States there has generally been personal freedom in the matter of design for interior and clothing purposes. Limitations have been on the kinds and types of materials available for decorative purposes from time to time. These limitations have produced interesting effects in stitchery (2) and other crafts. Many examples can be studied in the kinds of quilts which have been made by piecing, applique (3) or embroidery; the kinds of rugs and carpets that have been made by patching, hooking, stitching, braiding and weaving; the kinds of jackets and pants made by adapting the local Indian styles, by using patching in a decorative way, and most recently by the sometimes questionable use of sequins, gold braid and shiny embroidery on well-worn blue jeans.

In Edmonton, Alberta there is a very rich cultural heritage in stitchery. For many years Mrs. J. Semchuk inspired people with her beautiful stitchery originating from her homeland in the Ukraine, a land she knew very well. She shared her understanding of her culture with students in her stitchery classes and with the general public when fashion showings of ethnic costumes and contemporary adaptations were exhibited.

The ladies of the Hungarian Cultural Society have also made a valuable contribution to the Edmonton community with their annual presentations of historic costumes and present-day adaptations in clothing for people of

all ages. Mrs. Eisenbart, the stitchery teacher, is undoubtedly an inspiration to those who study with her.

Mrs. Christine Wootton for many years designed and executed exquisite small-scale stitcheries. The stitchery banners which are now hung in the Strathcona Place Society Headquarters in Edmonton are some of her latest designs.

These people have all shown a high degree of skill and a thorough knowledge of the elements and principles of design as applied to needlework. There are others, too, who have made excellent contributions both technically and artistically to the Edmonton community.

EXHIBITIONS TO REMEMBER

The year 1974 was a great one in Canada for those interested in the arts — fine and applied! The World Craft Council Meeting and the continuing exhibition of world crafts at the Ontario Science Centre opened new vistas to many Canadians and to visitors from other countries. Mingling with people in the exhibition areas, watching the expression on children's faces during folk-singing sessions, listening and seeing the movies from far away places where bread is made so differently from ours and where houses are constructed of materials *literally at hand* — I found these experiences put renewed values on things in my daily life and made me once again realize that good crafts are a satisfaction derived from use and beauty, and are not second-class objects in our homes.

At the Royal Ontario Museum in Toronto there was a beautiful exhibition entitled "Treasures of Chinese Art", which had been shown only in London and in Paris previously. This exhibition proved by its contents and by the tremendous interest shown in it, that fine and applied art are not to be separated in one's thinking. History shows that the hand-crafted article satisfies a need in life — an imperative need. This was true in the Shang Dynasty in China and it is true here and now in Canada. The common daily quality of crafts touches those persons who view good crafts. It is a personal touch, a kind of reverence which is felt for these perhaps common but truly quality articles.

SOMETHING NEW

Now for the second part of this discussion, namely, the importance of historical study and its implications for present-day use. History can be valuable to us, first, if we know something about it; and second, if we can make some use of it. Embroidery from the past can be an inspiration for those who wish to be creative in this medium. But creatively — this much used word — what is it? And how does one know it?

Creativity is producing something new. The new may be a solution to a problem, a new use for an object, or something entirely new. A person's mind, working with known facts leaps into a new idea! He produces!

The creative process in stitchery is fun — and frustrating at times. While the piece evolves, the person working must use past knowledge and experience, must experiment in a new or different way and at the same time must have some definite feelings about how the object is to be made. In the initial stage one decides what is going to be made, and from what it is to be made. Today there are more choices in textures and colors. Because we have

more choices we should be more discriminating than anyone ever needed to be in the past!

In the actual creative design process two activities occur in turn, again and again. First, a person does some designing and stitching, then he does some criticizing or evaluating, then to designing and stitching, and again to evaluating. If after producing a part of the design he puts the piece up on a wall somewhere, goes away for a while and then returns, the first glance will often reveal satisfaction with the effect — or the lack of it — be it color or design. Then to stitching again. Then to critical analysis. It is precisely this creative process which prompts the individual to search for new ways to express ideas. Critical analysis and one's inner feelings plus the quest for knowledge sooner or later lead one to search for other ideas or materials, some of which will be historical. Today the creative person will not use any of these ideas as they were originally used, because today's Canada is not the same as some other time in some other place. But having seen or studied examples from elsewhere, the designer becomes conscious of ideas or possible solutions to the problem of the present.

Individuals who design in stitchery should be aware of a certain danger when studying historic textiles for ideas and inspiration. Some books, some periodicals and some teachers show evidence of a lack of understanding of the past and also a lack of understanding of present-day interpretations and needs. Mr. E. Roulston whose writing from Halifax was very informative, *Handicrafts* (4) with the following comments: "A piece of needlework, no matter how beautifully executed, is good only if it fits in well with its surroundings, but do naturalistic wild roses in many shades of pink and padded for a third-dimensional effect, harmonize with a book-case headboard? Do round crocheted doilies look well on a Scandinavian-type end table?" He also had the following (5) to say. "In every age there have been the avant gardists, many of whom have suffered from public ridicule, only to have their ideas later vindicated; and yet it seems to us that the best of these ideas came from people with a thorough knowledge of whatever medium in which they worked, and who were seeking new uses of the medium. At the present time, many craftsmen seem to be working to produce an article that will catch the eye, and the medium is subordinate to this; with the result that there is little discipline in the work."

THE REWARDS

The question is: What are we making today? Are the articles meaningful to us? If they are based on some traditional technique or design, does the designer have any real knowledge and appreciation of the past? Good designs are not judged by the number of hours spent in making them but rather in the quality which results when suitable techniques are utilized to manipulate the colors and the designs in a pleasing or esthetic manner. The personal touch or individuality of the craftsman will be evident, and the pieces will have interest for the informed viewer.

SUMMARY

Historic textiles can be rewarding to study if the knowledge gained leads to a realistic assessment of sensible and beautiful uses for stitchery today. Good designers experiment sanely and intelligently with materials at hand.

Many needlework ideas from the past are extremely valuable sources for present-day design inspiration and beautiful fabric enrichment.

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Handle for above
No. 7M171 \$4.95

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PROFESSIONAL ACTIVITIES UNIV. OF MANITOBA

Several members of the faculty are busy serving in professional committees at the local, national and international levels.

Dr. Vivian Bruce has been appointed Placement Officer for the Dietetic Association of Manitoba while Professor Ruth Diamant, besides serving as a consultant with industry on development of faba-bean products, has also been appointed to the Food Products and Processes Technical Committee of the Manitoba Research Council.

Dr. Bruce McDonald was appointed to a subcommittee of the Protein Advisory Group of the U.N. in April, 1974. The group has the specific task of compiling guidelines on protein methods for cereal breeders. Dr. Bruce McDonald was also elected President of the Nutrition Society of Canada at its annual meeting in June.

Dr. Margaret Morton is serving as member of the Review Board to the Canadian Government Specifications Board and is a participant in subcommittee 5 "Consumer and Personal Goods." The function of the board is to review C.G.S.B. (Canadian Government Specification Board) standards that are to be offered as national standards. Subcommittee 5 is currently reviewing dimensional standards for children's clothing.

Professor Martin King has acted as consultant to the Consumer Association of Canada in organizing laboratory testing and wear trial for pantyhose available in Canadian markets. Mrs. Susan Hayward is

newsletter chairman of the Association, Manitoba branch, and also serves as its liaison officer to the Manitoba Home Economics Association. She and Mrs. Jean Lillie of the Department of Family Studies organized the Metric Workshop recently for the Association.

Professor Elizabeth Shannon has been re-elected treasurer of the Apparel Studies Association of Canada.

GREEN NAMED AHEA EXECUTIVE DIRECTOR



Kinsey Bass Green was appointed AHEA's new executive director by the Board of Directors in late December and began working in that position on February 3.

When announcing the appointment, AHEA President Margaret E. Fitch said the Home Economics educator was recommended by the AHEA search committee because of "her unique combination of management ability, human relations skills, and perception of opportunities

for and responsibilities of the Home Economics profession."

Dr. Green's previous position was acting assistant dean for undergraduate studies at the University of Maryland's College of Education. She was also acting director of the Office of Laboratory Experiences. In those two positions, she administered programs for 3,500 students and coordinated field programs for undergraduate and graduate students.

As AHEA executive director, Dr. Green manages an annual budget of over \$2 million, supervises an Association staff of about 65; and represents AHEA in contacts with other associations, government agencies, and colleges and universities.

She succeeds Doris E. Hanson, who resigned to establish HomeCall, Inc., a new program to provide

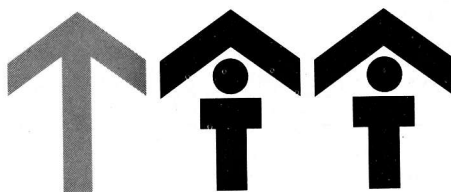
home support services for elderly persons.

SHEA's NEW LOGO

A new design will soon make its appearance as the official symbol of the Saskatchewan Home Economics Association. J.S. Goert of Saskatoon has been awarded first prize of \$150 in the competition to design a new logo for the association.

Mr. Goert, a native of Saskatchewan, expressed pleasure at receiving this award to launch his career as an artist-designer in Saskatoon.

The winning design is contemporary, consisting of a progression of three arrow shaped symbols. The design will be used on official SHEA stationery, membership certificates, business cards and other promotional material for the association.



Abstracts of Current Literature

Prepared by Department of Home Economics, Brescia College, London, Ontario.

Class, family, and housing.

J.S. Fuerst.

1974

Social Science and Modern Society, Vol. 12 No. 1: 48-53

In this article, the author defines reasons for the failure of public housing to raise living standards of low-income groups and eliminate poverty extremes in America.

The author states that subsidized housing is generally considered to have failed for several reasons, including strict income limits on occupancy and construction costs, bad siting of units, inadequate management, poor architecture and insufficient consultation with tenants.

Another cause, which the author finds more valid, is inclusion into public housing of "problem families". These are defined as having more than one serious behavioral, social, mental or physical disorder. Because of these people, who form a small minority and the bad reputation which public housing has acquired because of them, housing authorities now feel they should evict those problem families who make life unpleasant for fellow tenants. Denial of public housing is not an infringement of lawful rights since the number of families occupying public housing is a small percentage of those eligible.

The author concurs with these ideas and suggests five alternative solutions to the questions of housing "problem families". First is a series of "half way houses" which act as rehabilitation units preparatory to regular public housing. The second alternative consists of public housing units used as "dumping grounds", although not designated as such. Special projects built specifically for problem families are the third answer, but these are not financially feasible on a large scale. The fourth solution is merely to tear down public housing and force a return to the slums. The final alternative is the possible break-up of family units which then becomes a social welfare concern.

The author makes no final conclusion, as this remains a continuing problem for which no perfect solution has been found.

Sewability of knitted fabrics.

C.A. Leeming and D.L. Munden.

1973

Clothing Research Journal, I (2): 41-52.

The study reports the mechanism of seaming damage in knitted fabrics in relation to the frictional characteristics of the yarn. A method for measuring the sewability of a knitted fabric is also described.

The author hypothesizes that sewing failures are more directly related to fabric structure bursting than to the fusing of the fibres caused by needle heating in excess of the melting point of the yarn polymers. The mechanism

of sewing damage is analyzed as follows: The loops are formed around a hooked needle of a smaller diameter than a sewing machine needle. After the fabric is removed from the knitting machine and finished, the loops close up, allowing less space through which the needle must pass. The passage of the needle through the fabric is facilitated by one loop drawing yarn from adjacent loops in order to produce a space of sufficient size. This distortion in the yarn geometry produces two separate frictional forces: one "between the needle surface and the yarn around it and the second between adjacent yarns in the fabric as they move over each other".

This study analyzed sewing damage on 8 untreated and treated knit fabrics sewn with a lockstitch seam using 70, 80 and 90 sharp and ball point needles. The fabrics were treated with a 1 per cent concentration of softener. A 20" seam length was made on each fabric which was then flexed lengthwise and crosswise to duplicate normal stress. The number of points of rupture was expressed as a percentage of the total number of needle penetrations.

Results indicated that all untreated fabrics were damaged although some could be sewn satisfactorily with a size 70-75 sharp or ball point needle. The addition of a 1 per cent concentration of softener or lubricant significantly reduced the damage even when using a size 80-90 sharp needle.

The procedures for measuring the coefficient of friction of the yarn using an Instron Textile Testing Machine was described. A co-efficient of friction was made on each fabric used. Results indicated that the untreated fabrics which exhibited more seam damage required more force for needle penetration.

The sewability of fabrics with high coefficients of friction can be improved during the finishing process. The implications also appear to be significant for the home sewer. Knits which should be preshrunk before cutting should be treated with a fabric softener in the final rinse cycle to reduce the coefficient of friction and improve the sewability of the fabric.

Fat has less cholesterol than lean.

R. Reiser.

1975

The Journal of Nutrition, 105:15

Whether fatty meat contains more cholesterol than lean depends on the basis of comparison. When cholesterol per unit of protein or DNA is calculated, white adipose tissue has a many times higher cholesterol content than muscle, due, of course, to the low level of protein in adipose tissue. On the other hand, on the fresh basis, adipose and lean tissues have approximately the same percentage of cholesterol. Some of the values given are (mg./100g.): raw lean beef, 65 and separable fat, 75; chicken breast, 79; drumstick, 91 and adipose tissue, 65; lean pork, 60 and separable fat, 70.

Using cholesterol values from the literature and the fat, water, and energy values for the corresponding cuts in the USDA handbook on the composition of foods, one can calculate the cholesterol content of the trimmed lean and separated fat on the fresh, dry, and caloric basis and make estimates on the cooked basis.

On the dry basis, the cholesterol content of the lean is two to five times as high as that of the fat. On the calorie basis it is about 4 to 6.6 times as high.

Cooking is in part a dehydrating process, especially frying, grilling, smoking, and slow barbecuing. When water is lost, it is lost mostly from the lean, because most of the water is in the lean. Thus, the cholesterol content per 10 oz. of cooked meat as eaten would be greater than in the fresh by one sixth to one third the difference between the fresh and dry values.

Perhaps even more convincing is the comparison of trimmed lean cuts, which, contrary to popular opinion, indicates the following reasonably linear relationship: the leaner the meat, the higher the cholesterol content.

Husband – wife influences in family purchasing behaviour.

R. Ferber and L.C. Lee.

1974

The Journal of Consumer Research, 1:1 43-50

This study is concerned with the role of husband and wife in family purchase behaviour and attempts to relate the dominance of one spouse to various types of decisions.

The subjects comprising the “families” were married couples in which the husband was thirty years old or less. Interviewees were contacted five times at six month intervals. At each session a “family financial officer” (FFO) was identified on the basis of the performance of the tasks of paying the bills, budgeting, and using extra funds. The FFO could be: joint, if husband and wife shared the responsibility for each task; indeterminant, if an equal number of tasks were carried out by each member; a husband or wife, depending on which individual performed more the tasks.

After the first year had elapsed, a trend toward more wives acting as the FFO and less joint operation as the FFO was noted, especially in the area of payment of bills and use of extra funds. Salient characteristics for joint performance of FFO duties were the existence of a set goal for total savings, and the sharing of similar attitudes on saving priorities, the importance of quality and conservatism. Families in which the decision-making was a joint effort tended to have more savings in the form of insurance, savings accounts and government bonds.

If a couple shared the attitude of economy-mindedness, a single member of the family was likely to act as FFO. If this member was the husband, the family was likely to save a higher proportion of their income, have these savings in the form of real estate, buy automobiles less frequently and have fewer savings in the form of insurance.

If the wife gave priority to saving, was concerned with high quality, was economy-minded and bargain-minded, she was likely to be the FFO. Interestingly, families in this situation did not make any more frequent purchases of durable goods such as refrigerators, stoves, washers and dryers than those families with husband or joint “family financial officers”.

Naturally occurring toxicants in foods.

IFT Expert Panel and Committee on Public Information.

1975

Food Technology, 29(3): 69-72

Because there is a current tendency to assume that "nature" and "safe" are synonymous and that "synthetic" means "harmful", this review article on natural toxicants occurring in foods emphasizes the concept that all foods are chemicals in nature and many potentially harmful substances occurring in foods do not cause significant health hazards.

Natural toxicants present in food can be the contaminants of food or the natural components of food. The former includes toxins (bacteria), agricultural chemicals (fertilizers, insecticides), packaging material and environmental pollution. The latter covers such toxic metals as lead, mercury, cadmium, arsenic and zinc which become constituents of food by contacting soil and water. A chemical substance can also enter into food by use of a food additive. So far, the known health hazards are mostly caused by microorganisms, accidental contamination and natural components of foods, rather than by food additives or agricultural chemicals.

A naturally occurring toxic substance in a food may cause injury in an experimental animal when tested by itself, but show no harmful effect in a human's diet. This is because of the low concentration of the toxic substance in the food and the antagonistic reaction between toxic substances in foods. Well known examples are the solanine in potato, hydrogen cyanide in lima bean, arsenic in sea food and many naturally occurring cancerogenic substances (safrole, estrogen, antithyroid compounds, lead, and nitrosamine) in other foods.

The chemical substances used as food additives are the same as the natural constituents of food. They have been subjected to full-scale toxicological testing and usually have a safety factor of 100 which is much higher than that for normal constituents of food. Food additives cause no practical hazard to health and some of them possess a detoxifying effect.

Education, restricting intake of certain foods and plant breeding are some of the methods which can reduce the possible health hazard caused by foods.

Welcome New Members

CANADIAN HOME ECONOMICS ASSOCIATION

New Members February, 1975

Ontario

Mrs. Fairlie A. Ellis, 2565 — 6
Flannery Dr., Ottawa — Teacher

Miss Carol E. Labrick, 636 Norman
Ave., North Bay — Graduate 1974

Ms. Andrea N. Reynolds, The McCall
Pattern Company, 462 Front St.
West, Toronto — HEIB

Ms. Hilary P. Sadler, The McCall
Pattern Company, 462 Front St.
West, Toronto — HEIB (Associate)

Miss Constance E. Wagner, R.R. 2,
Carp — Assistant Food Service
Administrator

Families, A Multigenerational Approach

Koller, Marvin R.

McGraw-Hill Book Company

1974, pp. 331, \$7.30

A multigenerational approach is used in *Families* to organize marriage and family data. The basic details are outlined in the introductory chapter. Its usefulness and applications are demonstrated in subsequent chapters on love, sex, marriage and family in past, present and future generations.

Koller provides many arguments for the use of the Multigenerational approach. For the teacher and student in family studies, the conceptual approach that has been most used to understand families is probably the structural-functional. Therefore by including an understanding of the multigenerational approach in the discussions of family relationships the student is provided with a broader conceptual base.

As stated by Koller in the preface, it is hoped that the book will stimulate further study in the literature on family life, sharpen the skills and insights of teachers, and invite young scholars to bring their zest to bear upon what families mean to their generation and those to come.

*Reviewed by Barbara L. Floyd, B.A., Family and Consumer Studies,
Humber College of Applied Arts and Technology, Rexdale, Ontario.*

Foundations of Food Preparation

3rd Edition

Gladys C. Peckham

McMillan Publishing Company Incorporated, New York

"Foundations of Food Preparation" by Gladys Peckham has an attractive cover and the material is presented in an easily read format. It is well illustrated. It lives up to its aim as a text for an introductory course in food preparation. It is best suited for students who have had very little background in the physical and biological sciences. It covers the how of food preparation but gives very little of the scientific basis for these.

The author has attempted a very broad coverage of food preparation and its related aspects and has divided the material into six sections so that selection of topics can be made. The sections include sections on Science and Food, Factors Affecting Food Consumption, Management in Food Preparation, Preparation of Foods and Food Products, Food Preservation and Food Controls. While these topics are not covered in any depth, they may well be sufficient for the introductory level of the subject.

In general, I would like to see the scientific aspects presented with the material on preparation so that the student can readily see the application. For example, emulsion principles are discussed but not related to salad dressings and the role of starch in foods is discussed after the chapter on cereals. The chapter on the function of water in foods is good as it is

frequently overlooked as an important functional constituent of foods. The section on factors effecting food consumption only skims the surface of this subject and is of questionable use. I like the idea of a chapter on Food Additives but the chapter as presented adds little understanding as to their function and why they are added. The section on Food Preservation is limited to procedures and does not go into the scientific principles behind these procedures. The chapter on Freezing is better than that on canning, and the discussion of packaging materials is inadequate, especially that of wrappings. I like the chapter on Microbiological Aspects of Food Preparation but would like to have seen it related more to the properties of foods.

There is considerable reliance on Haliday and Noble's and on Lowe's classic texts in the referencing and the material has not always been updated. For example, the pigments in beets are classed as anthocyanins.

This book could be useful as a text for an introductory course depending on the background of the students and the aims of the course.

Reviewed by Elizabeth A. Gullett, Associate Professor, Department of Consumer Studies, University of Guelph.

Beard on Food

James Beard

Alfred A. Knopf Inc., New York

1974, 310 pages

Beard on Food is "a rich plum pudding of a cookbook filled with gastronomic inspirations, cooking ideas and irresistible recipes".

The book is a selection of recipes from Beard's columns in the weekly syndicated newspapers written over the past four years. However, *Beard on Food* is not an ordinary cookbook in the conventional sense, rather it is a delightfully entertaining and informative story about food written in prose or novel style. Beard's valuable tidbits of knowledge are of interest to the novice cook as well as to the grand chef de cuisine. To him, perfecting a hamburger or scrambled eggs is just as important as the delicate art of making a vanilla soufflé or fluting mushrooms. All information is related to the reader in a simple, warm, but authoritative manner.

Did you know that two of Beard's best friends are a stripper and a zester! He quickly hastens to say that, "these are not girls but gadgets." Nevertheless, after a chuckle, the readers curiosity is aroused for the information to follow on kitchen tools. Have you ever wondered "what the devil is devil" or what the devil is a London Broil? Throughout the book, Beard explains these culinary terms and many, many more giving both recipes and related helpful hints and food history acquired by his extensive travels.

Each chapter is filled with "inspiration and recipe improvisations". For example, Beard suggests that after mastering Hollandaise Sauce, one might want to try Sauce Béarnaise, a variation of Hollandaise, or try Sauce Paloise, a variation of Béarnaise. Why not prepare a Smorgasbord or potatoes for breakfast? Some interesting topics include "How to Eat a Pita", "Please Squeeze the Vegetables", "The Marvels of Markets" and "Gastropods for Gastronomes" just to mention a few.

Once you have read Beard on Food one might refer to it as "a cook's best friend". "It is the kind of reading that, as Beard says of good country ham, 'starts the taste buds quivering'".

Reviewed by Katrina Tindall, Home Service Representative Consumers' Gas Company.

Food for Naught (The Decline in Nutrition)

Ross Hume Hall

Harper and Row, 1974, 292 pages, paperback

Available in Canada from McAtinsh & Co., \$9.65, including postage.

This book, according to the author, is for the public who have a genuine interest in nutrition and in the effects of poor nutrition. It is said to be readable by a person with a non-technical background. Actually it presupposes a considerable knowledge of chemistry and is written by a Canadian professor of biochemistry, with a Ph.D. from Cambridge University, England.

During the last ten years, Dr. Hall has been the author or co-author of at least 16 scientific articles, none of them in the field of nutrition and most of them on some aspect of cell nucleus biochemistry. In other words, there is no evidence that nutrition is his field and no report of his recent research program, which, his publisher claims, included a study of the results of contemporary nutritional technology on human health and well-being. Unfortunately, experts in unrelated fields, even Nobel prize winners, are not qualified to pass far-reaching judgements in entirely different fields. Nevertheless, many of the general public are unduly impressed by the theories of such out-of-their-own-depth experts.

Dr. Hall is extremely critical of farmers raising meat, eggs and grains by large scale modern methods, of food chemists, of Food and Drug personnel, toxicologists, most physicians and apparently all nutritionists. He claims that the science of nutrition has made no progress in the last twenty-five years, but it is evident from his errors that he himself is not well-informed in several areas of this active field. The foods he recommends most highly are those produced by primitive methods, which at the present time will not feed our world population.

Commercial white bread contains, apart from the enrichment additives, a number of others. Dr. Hall objects to the testing, even by qualified experts, of single additives on healthy animals and theorizes that the combination of all of them in a food, say bread, or the products of their metabolism (plus pollutants present in the air and water) might be harmful. He overlooks the fact that unless you start with healthy animals, you cannot blame the poor growth, disease, etc. on the additives that they have received in their food. He could at least have carried out some preliminary laboratory experiments to show that such hypothetical combinations are harmful, even though they would give him no clues as to what was the harmful agent.

Most nutritionists emphasize the nutritional superiority of "natural" foods, such as whole grain flours, over highly refined ones, but to describe enriched white flour (70% extraction) as "devitalized" is doing it a gross injustice. For example, as Figure 3 (page 28) shows, such flour contains 55% of the vitamin E and 50% of the pantothenic acid of the original whole wheat! He reports that fabricated soy protein costs about half as much as meat. It is true that it does not contain the vitamins and minerals present

in meat. In Canada however, such products must be labelled as "simulated" and we hope that Food and Drug regulations will soon require that reasonable amounts of iron and some of the B vitamins be added to them. Dr. Hall berates the nutritionists for not determining the effects on human beings of such modern products as chemically modified starch or of hydrogenated fats, which contain "unnatural" fatty acids. Here again he presents no evidence that they are harmful.

He quotes an estimate made by the Stanford Research Institute that 80% of all human cancer is caused by chemicals that the individual has encountered in his daily life. These include man-made chemicals, environmental contaminants and naturally occurring carcinogens (cancer producers). No mention is made of the harmfulness of food additives but including this statement in this book would certainly suggest this connection, which is certainly unjustified and calculated to cause concern. Incidentally, the use of any additive that gives rise to cancer in an experimental animal, even when the daily dose is 100 times greater than a human being would eat daily for a lifetime, is absolutely prohibited by law.

Dr. Hall states that the food chemists employed by commercial food processors are only interested in the appearance and physical properties of their products and not in their nutritional value. In general this is not true, but the Canadian Food and Drug Regulations which severely limit nutritional claims and the indifference of most consumers to such information encourages this attitude. Besides, people will not buy even highly nutritious food unless it looks and tastes nice.

Few nutritionists would quarrel with the idea that diets featuring good amounts of natural or minimally processed foods help to insure adequate amounts of all the essential nutrients, particularly of the trace minerals. It's a fact that Nature does pack a wide variety of nutrients into such foods. This extensive book does contain some useful although often biased information. The author's fondness for such peculiar words as paradigm, surrogate, resonance, "reduction" and trophic irritated the present reviewer. The big question is why did he write this book?

Reviewed by Elizabeth Chant Robertson, M.D., Ph.D., Toronto

Family Planning in Canada – A Source Book
Ben Schlesinger

This book has covered a wide scope of topics related to family planning in a very unbiased and thorough manner. The information is well documented, and the book as a whole is easy to read. It is one of the few books I've encountered that covers all aspects related to the topic, thus making it an excellent reference text. The fact that it is up to date and a Canadian book, make it very useful, especially for the Grade 13 course "The Canadian Family in Perspective".

Reviewed by H. Elsley, Family Studies Dept., Georgian Bay Secondary School, Meaford, Ontario.

What Price Nutrition?

Food Prices Review Board, Ottawa

Price: Free

What Price Nutrition? is composed of two publications a) a detailed report and b) a summary for consumers of the Board's report on food cost and nutrition.

The detailed report is fairly comprehensive. A month's food list for a family of four has been developed which satisfies the recommendations in the revised Canadian Dietary Standard. Although the list is somewhat limited, alternates have been provided to give more variety. The trends in food group prices for the various areas in the country are of interest as well as the percentage increases over a five year period.

There are a number of questionable features about the report.

The first question which comes to mind is "for whom is the report designed?". It is lacking in details to be of assistance in food budgeting. Average prices for individual food items are missing. The method and criterion used in the development of the food basket were not clearly defined.

In the first part of the report, data from Nutrition Canada was applied to the revised Canadian Dietary Standard. This could be misleading in that other criteria were used in the national survey. The term "deficient" in a particular nutrient was used. This could be misinterpreted as the reader would not know the degree of deficiency. One gram of protein less than recommended intake would not really mean "deficient."

Appendix II, Unit Nutrient Cost Calculations, could be effective in assisting consumers to be aware of cost of nutrients; however, the method and important details were omitted which provided difficulty in how to interpret and apply the data.

The summary report is concise, but the addition of menus applicable to the food list would have provided the consumer with more concrete information.

Reviewed by Patricia McClinton, Nutrition Education Coordinator. The Associated Milk Foundations of Canada.

Guide to Good Eating.

An attractive booklet prepared by General Foods' Kitchens to emphasize the importance of a well-balanced diet. The booklet cover features "Guide to Good Eating" developed by University of Toronto School of Hygiene and inside are several menu suggestions and recipes. For your free copy write to:

Guide to Good Eating
P.O. Box 4019
Terminal "A"
Toronto, Ontario M5W 1J6

FILMS AND FILMSTRIPS

The real talking and singing action movie about nutrition.

Suggested Audience: Upper Elementary and Secondary School Students.
Length: 14 minutes, produced by Oxford Films, Los Angeles, California.
Price: \$190.00 (available in English and French sound tracks).

The movie is about a junior high class that makes its own film about nutrition. They select their own crew, write the script and do the narration. (This movie is actually produced by professionals.) With kids talking to kids, they can tell it the way it is without preaching. The thrust of the whole film is toward making your own choice. It's done in a light, fun-to-watch vein, but comes through with serious points that concern every youngster who sees it. When used as an introduction to the study of nutrition, it will open up the unit to lively discussion of personal values, life styles, and produce personal commitments to better nutrition.

This movie and its additional materials are not aimed for one subject area only. The impact of food and food choices on body development, personality and self-image cuts across the entire curriculum. It also has value for youth groups such as Scouts, 4-H, Junior Red Cross, and others. (*Note: not previewed, described only.*)

Canadian Distributors: The MacMillan Company of Canada Ltd., Maclean-Hunter Learning Materials Co., 70 Bond Street, Toronto, Ontario M5B 1X3

Note: School requests for preview prints should be made through the Audio-Visual Co-ordinator for your school district.

The Seafood Tour

An educational and informative programme takes you on a seafood tour of a prepared products plant and a cannery tying it into the consumer service 'Neptunes Kitchen' operated by British Columbia Packers Limited.

The kit consists of:

- A set of 75 — 35mm slides in colour.
- A professionally narrated Sound-tape.
- Cassette with audible change cues.
- A complete script with slide advance indicated.

For information on price and availability please write:

Neptunes Kitchen
Box 5000
Vancouver, B.C.
V6B 4A8
Attention: Ms. Jan Howarth

FILM AND TEXTBOOK REFERENCES

The Dietetic Services Department, Ontario Hospital Association is pleased to offer the 1975 edition of the Film and Textbook Reference List. This reference, which lists films, textbooks and pamphlets on all subjects related to dietetic functions, includes such information as the name of the reference, its source and approximate price. This guide has proved most useful to personnel in such fields as health care and education. Price per copy: \$2.00. For copies contact:

P. Breese
Dietetic Services Dept.
Ontario Hospital Association
150 Ferrand Dr.
Don Mills, Ont. M3G 1H6

by Kay Spicer

EZEE AND LONG LASTING

As butterfat becomes scarce and more expensive vegetable oil products are being developed to replace butterfat products. Vegetable oil sour dressings and chip dips are beginning to replace all dairy sour creams and chip dips. Top Sour, an imitation sour cream from Ezee Foods keeps for weeks without change of flavor or quality. It has a 90-day shelf life and the acidity is constant throughout the life of the product. Top Sour does not turn rancid. So consumers will find full value for their money because waste is essentially eliminated. Top Sour can be used anywhere sour cream is used in cooking or baking — with herring, beef stroganoff, potatoes, stews, vegetables, fruits. It is less expensive than its dairy counterpart.

ON THEIR OWN WITHOUT SAUCE OR SEASONING

Dehydrated sliced potatoes are now available on their own for using in various ways. Slices may be added to soups, casseroles, salads, stews or may be cooked and served as just plain potatoes. This is a line extension from Kellogg Salada Canada Ltd. for the convenience of consumers. A 12-oz. package retails at approximately 89¢ and yields 7 — 8 cups cooked sliced potatoes.

VARIETAL WINES OF ONTARIO

Ontario premium varietal wines made their dramatic entry on the shelves of liquor board stores across Canada beginning last September. Chateau-Gai Wines was the first company to recognize the market potential for varietal wines; wines which are named after the grapes

from which they are made. Now the company is reaping the rewards for introducing such names as Maréchal Foch, Seibel, Gamay Beajolais and Johannisberg Riesling. In taste and bouquet the wines present the unique character of wines grown from these specific grape varieties, each distinctive and recognizable. In inviting comparison to wines from overseas these new Ontario varietals are providing exciting discoveries for wine lovers. They are also inexpensive. Maréchal Foch sells for \$2.50 and its companion dry red Seibel for \$2.00. Wine writers are calling these Ontario prices bargains. Chateau-Gai customers agree with them. For more information contact. W. N. Anderson, Chateau-Gai Wines Limited, 300 The East Mall, Islington, Ontario.

CHECK-OUT COMPUTERIZED

That patch of black bars appearing on many grocery labels means the items are ready for computerized check-out in the super market. The price will be automatically recorded, the service will be speedier and the store inventory will be up-to-date as grocery items are passed over a sensitive eye at the check-out. Price changes can also be made at the press of a button. We trust the stores will still price items on the shelf in the dollar and cents terms we humans understand.

ENRICHED PASTA

Pasta has been a non-standardized product in Canada. Primo is now enriching all their pasta lines. The nutritional breakdown of the pastas are as follows per serving (2 oz. dry): Calories 210; Protein 7 grams; Car-

bohydrates 41 grams; Fat 1 gram; Riboflavin 1 milligram; Niacin 6 milligrams; Thiamine .6 milligrams; Iron 4 milligrams.

THE BOTTLE, THE CAN AND NOW THE POUCH

Continental Can Company of Canada Limited is building a prototype food processing line in Toronto to demonstrate a totally new concept in processed food packaging to the Canadian food industry. The new facility is designed to process meats and vegetables in the company's "Pantry Pack", a proprietary film and foil laminated pouch developed by Continental in Canada and the U.S. over the last twelve years. Using the flexible, retortable pouch, foods can be packed, hermetically sealed and thermally processed and require no freezing or dehydration for distribution. At the retail food outlets they can be stored like canned goods. The product characteristics compare favourably with those of processed food in any other kind of packaging and shelf life of food in the new package is at least as long as it is for canned goods, according to John Corley, Director of Marketing for the Metal Division of Continental Canada. Although

the concept of a flexible pouch for processed food which is neither frozen nor dehydrated is new to North America, the package and the system have been thoroughly proven in Europe and Japan. Mr. Corley says the new "Pantry Pack" also offers "definite environmental and economic advantages to the community as a whole. It is entirely compatible with advanced solid waste energy recovery systems and the light weight and small volume of the package will greatly reduce materials handling problems associated with all solid waste management systems. The complete system is a further step towards conservation of energy in food packaging and distribution".

"WHAT'S NEW" is your column. Here's an opportunity for you to tell fellow home economists about new products, new technology or new ideas. Help to keep us up-to-date. Please send information, press releases or tear sheets to:

Mrs. Kay Spicer
Consultant Home Economist
7 Maple Gate Court
Etobicoke, Ontario
M9C 2K4.

Home Economics Registrations in Canadian Universities 1974-1975

University	Title of Home Economics Dept.	Bachelor Degree	Number of Students Enrolled — Full Time — in Home Economics Programs				Part Time Students	No. of Students receiving degree in academic year of 1975 (a)	Total Number of Students	
			First Year	Second Year	Third Year	Fourth Year	Master	Doctor		
British Columbia	School of Home Economics	B.H.E.	80	109	109	77	10	2	3	390 (i)
Saskatchewan	College of Home Economics	B.H.E.	46	52	54	55			6	213
Manitoba	Faculty of Home Economics	B.H.Ec.	152	105	132	89	50		20	(ii)
Guelph	College of Family & Consumer Studies	B.A.Sc.	257	247	240	231	35	2	16	1028
Ottawa	Dept. of Dietetics — Home Economics	B.A.	52	65	36	28				181
Toronto	Faculty of Food Sciences	B.Sc.	83	86	75	54	10			308
Ryerson Polytechnical Institute	Dept. of Home Economics	B.A.A. in Home Ec.	120	102	79	95			85 (summer)	443 plus 85 summer
Brescia College & Univ. Western Ont.	Dept. of Home Economics	B.Sc. (Home Ec)	95	65	62	5			17	321
Windsor	Faculty of Social Science	B.A.	96	104	63	5				276
Macdonald College of McGill University	School of Food Science	B.Sc. (Food Sc.)	50	19	22					102
Université de Montréal	Inst. de Diététique et de Nutrition, Fac. de Médecine	B.Sc. (Nutrition)	60	45	36		18		385 (c)	666
Université de Moncton Acadia	Ecole des Sciences Domestiques	B.Sc.D.	30	24	25	37	5			163
Mount St. Vincent	School of Home Economics	B.S. (H.Ec)	23	45	72	53	2			140
St. Francis Xavier	Dept. of Home Economics	B.H. Ec.	19	19	19	18				193
Prince Edward Id.	Dept. of Home Economics	B.Sc.	20	19	18	18*				120
										107

(i) plus 30 Education students with majors in Home Economics

(ii) plus 12 Special students

See footnote (b)

7 Refresher

4 Senior Citizens on tuition bursary

8 Refresher

11 free elective

122 Refresher

13 free elective

Three and four year programs

45 free elective

* 2 completed General Program and now taking courses required for dietetic internship.

32 free elective

N.B. Universities of Alberta and Laval unavailable at time of publication.

(a) Figures obtained from Deans for 1975 mailing to graduating students.

(b) "The students in undergraduate and graduate programs at the University of Guelph are enrolled in five major areas of study: Family Studies, Consumer Studies, Applied Human Nutrition, Child Studies and Textiles. Not all of these students will identify after graduation with Home Economics and the Canadian Home Economics Association. Some will choose to identify with organizations and fields of interest more specifically related to their major area of study and their career choice."

(c) Number of students from other faculties and/or departments taking at least one course.

Canadian Home Economics Association

1975 - 76 BOARD OF DIRECTORS

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